

EATING RIGHT IS BASIC

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For Good Health, Follow the Rainbow

- Foods with color contain more phytonutrients, which are plant compounds that aid in disease prevention.
- Think of the rainbow when planning meals, the more color the better!
- **RED** foods like tomatoes & watermelon lower the risk of certain cancers.
- **ORANGE** foods like pumpkin & carrots keep your immune system healthy.
- **YELLOW & GREEN** foods like squash & broccoli aid in prevention of vision loss.
- **BLUE & WHITE** foods like onions & blueberries can help prevent heart disease.

Resources:

<http://www.eatright.org/Public/content>

Recipe from:

Soulful Recipes, Building Healthy Traditions

Rainbow Coleslaw

Looking to add more color to your diet? Vegetables & fruit are the best way to add the vitamins, minerals and phytonutrients your body needs to fight disease. Try this delicious & healthy coleslaw recipe to increase your color!



Yield: 12 Servings (1/2 cup per serving)

Preparation Time: 15 minutes

Cooking Time: none!

Ingredients

2 cups thinly sliced red cabbage
2 cups thinly sliced green cabbage
1/2 cup chopped yellow or red bell pepper
1/2 cup shredded carrots
1/3 cup chopped red onion
1/2 cup fat free mayonnaise
1 tablespoon red wine vinegar
1/4 teaspoon celery seed (optional)
1/2 cup low fat cheddar cheese, cut into bite-size cubes (optional)

Preparation

1. In a large bowl, combine prepared vegetables.
2. In a small bowl, mix mayonnaise, vinegar and celery seed (if desired) to make a dressing.
3. Pour dressing over the vegetable mixture and toss until well coated.
4. Toss salad with cheese and serve chilled.